

Evaluating Your Instruction

Use this exercise to design the lesson plan for your instruction and then again for the instructional video you are planning to include in your BEST portfolio. Evaluate your instruction by identifying where on the continuum you fall for each item below. Then list 2 or 3 examples as “evidence” to justify your decision and share your lesson plans, your video and your answers with your mentor or content colleague.

These characteristics reflect a more developed portfolio

These characteristics reflect a less developed portfolio

1. I utilized a variety of instructional styles and strategies in order to challenge the abilities of all students.		I gave students activities that kept them physically active but didn't result in new learning for many of the students.
Examples:		
2. I created a positive environment in order to support learning.		I allowed things to occur that left some students feeling uncomfortable about participating in the class.
Examples:		
3. I provided clear and effective teacher demonstrations and consistent cues that enhanced student learning.		I explained but didn't always demonstrate skills and/or concepts. The cues I used were not reinforced throughout the lesson and students didn't seem to recall or use them.
Examples:		
4. I managed time, space, transitions and student behavior to effectively keep students engaged and physically active.		I had students standing or waiting for an opportunity to engage in the activities.
Examples:		
5. I used high level questioning and thinking strategies that helped students make connections and apply their knowledge of movement.		I tended to asked simple recall questions.
Examples:		